

WIC APPROVED FOOD LIST (WIC-23)

Effective 07/01/2015

Red Print indicates a new brand or size

INFANT FOODS

INFANT FORMULA

As Prescribed on Food Instrument

Must be iron fortified

No substitutions

MINIMUM STOCK REQUIREMENT:

13 oz. Enfamil ProSobee concentrate
(at least 72 cans)

13 oz. Enfamil Premium Infant w/iron,
concentrate (at least 72 cans)

12.4 oz. Enfamil Gentlease powder (at
least 30 cans)

INFANT CEREAL

8 oz. container

Plain, dry

Least Expensive Brand Must be Purchased

Not Allowed:

Flavored or with added ingredients

Individual servings

Organic

MINIMUM STOCK REQUIREMENT:

15 Containers

INFANT FRUITS & VEGETABLES

4 oz. containers

Single or mixed combinations are allowed

Texture may range from strained
through diced

Brands:

Beech-Nut-Stage 2 or Stage 2 ½

Gerber- 2nd foods

Baby Basics

Not Allowed:

Mixtures with cereal, desserts, dinners, added sugars, starches, salt, artificial sweeteners, DHA/ARA, omega 3 fats, prebiotics and/or probiotics, organic

MINIMUM STOCK REQUIREMENT:

96 Containers of at least 3 varieties of fruits

96 Containers of at least 3 varieties of vegetables

INFANT MEATS

2.5 oz. containers

Single ingredient with broth or gravy

Brands:

Beech-Nut Stage 1

Gerber-2nd Foods

Baby Basics

Beef, Chicken, Turkey, Ham

Not Allowed: Pasta or vegetable mixtures, added sugars, added salt, DHA/ARA omega 3 fats, prebiotics, probiotics, organic

MINIMUM STOCK REQUIREMENT:

31 containers of at least 2 varieties

DAIRY AND DAIRY SUBSTITUTES

HOMOGENIZED MILK

Must be dispensed as prescribed on food instrument

Homogenized-Whole, Low-Fat (1%) and Skim

Gallon and Quart containers

Least Expensive Brand Must be Purchased

Not Allowed:

Flavored, buttermilk, goat's milk, organic, raw (unpasteurized) or sweetened condensed milk

MINIMUM STOCK REQUIREMENT:

Whole Milk – At least 2 gallons and 4 quarts

Low Fat (1%) Milk – At least 4 gallons

Skim Milk – At least 4 gallons and 4 quarts

LACTOSE REDUCED MILK

(OPTIONAL TO STOCK)

Must be printed on food instrument

½ Gallon and Quart containers

Whole, Reduced Fat (2%), Low Fat (1%) and Fat Free

Least Expensive Brand Must be Purchased

Not Allowed: Organic

SOY BEVERAGE (OPTIONAL TO STOCK)

Must be printed on food instrument

½ Gallon and Quart containers

Original or vanilla flavor

Brands: *8th Continent, Pacific Ultra, Great Value, Silk*

CHEESE

8 oz. or 16 oz. packages

American, Cheddar, Mozzarella (part skim), Swiss

Block or sliced (not individually wrapped)

Reduced fat and low fat allowed

Least Expensive Brand Must be purchased

Not Allowed: Cheese spread, flavored cheese, shredded cheese, cubed cheese, cheese from the deli, processed cheese food, cheese with peppers or spices, cheese product, grated cheese, random weight, organic cheese

MINIMUM STOCK REQUIREMENT:

At least 5, 8 oz. packages AND

At least 5, 16 oz. packages

PEANUT BUTTER

16-18 oz. container

Smooth, crunchy, whipped, low sodium and low sugar allowed

Any brand is allowed

Not Allowed: Flavorings or added ingredients, organic **MINIMUM STOCK REQUIREMENT:** 15 containers

DRY BEANS/PEAS

16 oz. (1 lb.) Package

Plain, dry

Any variety is allowed

Any brand is allowed

Not allowed: Canned or frozen, soup mixes, added flavorings, Sugars, fats, oils or meat, organic

MINIMUM STOCK REQUIREMENT:

At least 6 packages of at least 2 varieties

JUICES

SINGLE STRENGTH

48 oz. & 64 oz.

Minimum of 120% Vitamin C

Single Strength - 100% Juice

Orange, apple, grapefruit, pineapple, orange-mango, orange-pineapple, pineapple-mango, purple grape, white grape, cranberry, cranberry-grape, vegetable

Least Expensive Brand Must be Purchased

MINIMUM STOCK REQUIREMENT:

At least 6 containers of at least 2 flavors

FROZEN CONCENTRATE

11.5-12 oz.

Minimum of 120% Vitamin C.

Single Strength - 100% Juice

Orange, apple, grapefruit, pineapple, purple grape, white grape

Least Expensive Brand Must be Purchased

MINIMUM STOCK REQUIREMENT:

At least 6 containers of at least 2 flavors

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BREAKFAST CEREALS

11.5-12 oz. and 18 oz. containers

*Indicates a whole grain cereal

MINIMUM STOCK REQUIREMENT:

At least 15 boxes of at least 5 varieties

POST

*Grape-Nuts Flakes - 18 oz.

*Honey Bunches of Oats Whole Grain
Honey Crunch - 18 oz.

*Honey Bunches of Oats Whole Grain
with Vanilla Bunches - 18 oz.

MALT-O-MEAL

Oat Blenders with Honey - 18 oz.

Oat Blenders with Honey and Almonds -
18 oz.

GENERAL MILLS

Corn Chex (Gluten Free)-12 oz. or 18 oz.

Rice Chex (Gluten Free)-12 oz. or 18 oz.

Dora the Explorer - 18 oz.

*Kix - 12 oz. or 18 oz.

*Cheerios - 12 oz. or 18 oz.

KELLOGGS

*All Bran Complete Wheat Flakes - 18
oz.

Special K - 12 oz., 18 oz.

LEAST EXPENSIVE BRANDS OF THE FOLLOWING TYPES OF CEREALS

Crispy Rice Cereals – 12 oz.

*Frosted Shredded Wheat - 18 oz.

*Strawberry Frosted Shredded Wheat -
18 oz.

Corn Flakes - 18 oz.

*Instant Oatmeal, plain- 11.5-12 oz.

Quick Cooking or Instant plain Grits - 12
oz.

EGGS

Dozen containers only

White chicken eggs

Large size only

**Least Expensive Brand Must be Pur-
chased**

Not Allowed: Extra-large, jumbo,
medium, small, specialty eggs, brown
eggs, egg substitutes, organic

MINIMUM STOCK REQUIREMENT:

At least 10 dozen containers

WHOLE GRAINS

BROWN RICE

16 oz. bag/box

**Least Expensive Brand Must be Pur-
chased**

Not Allowed: Instant, white, flavored,
wild rice mixes, organic

MINIMUM STOCK REQUIREMENT:

At least 6 packages

WHOLE WHEAT BREAD

16 oz. (1 lb.) loaf

100 % Whole Wheat

**Least Expensive Brand Must be Pur-
chased**

Not Allowed: Sugar free, white, wheat
blends, buns, rolls, bagels, frozen
dough, organic

MINIMUM STOCK REQUIREMENT:

At least 6 loaves

TORTILLAS

16 oz. package

Corn or whole wheat

**Least Expensive Brand Must be Pur-
chased**

Not Allowed: White flour tortillas,
tostadas

MINIMUM STOCK REQUIREMENT:

At least 6 packages

CANNED FISH

Must be printed on Food Instrument

TUNA FISH

5-6 oz. can

Light, dark or blended, dolphin safe,
packed in water or oil

Any brand is allowed

Not Allowed: White, albacore,
seasoned or foil packs

MINIMUM STOCK REQUIREMENT:

At least 10 cans

CANNED PINK SALMON

5-6 oz. can

Regular or low sodium, packed in oil or
water

Brands: *Bumble Bee, Chicken of the Sea*

Not Allowed: Red or blue back,
specialty, organic

MINIMUM STOCK REQUIREMENT:

At least 5 cans (can be combination of 2
brands listed above)

FRESH FRUITS and VEGETABLES

Purchase the dollar amount printed on
the cash-value voucher. If amount
purchased is more than the dollar
amount printed on the cash-value
voucher, participant may pay the dif-
ference. If the purchase price is less
than the dollar amount printed on the
cash-value voucher, no cash or mon-
ey back.

Allowed:

Fresh, whole or pre-cut fruits or
Vegetables

Pre-cut may be packaged in bags or
Containers

Not Allowed:

Frozen or canned fruits or vegetables
Bagged salad mixtures with additional
Ingredients such as croutons or salad
Dressing

Party trays or fruit baskets

Decorative/ornamental fruits and veg-
etables

Salad bar items

Dried fruits and nut mixtures

Peanuts

Herbs and spices